

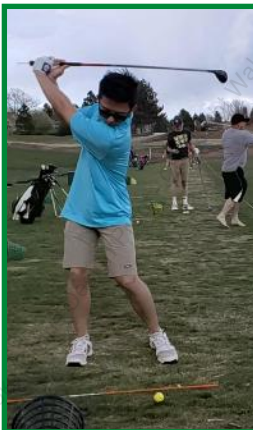


**The change** Middle school to highschool is a big change, and that includes team sports, like the mountain biking team. Evan Piltingsrug ('23) decided to try out for the team and successfully made it. "It's hard to catch up with the junior varsity kids [because] they are a lot faster than [me] and have been doing it for longer," said Piltingsrug. His plans for the future include improving his biking and possibly even trying it out in college.

**Mountain Biking Team** Back row: Zachary Conrad, Andrew Salazar, Ben Vigil, Beckham Williams, Adam Qualls. Middle row: Evan Piltingsrud, Scott Bates, Noah Graber. Front row: Siena Muscianisi, Jillian Lukez, Mr. Neely Clapp

## PAR-TEE HARD

Golfers hit the links



Nathanel Cho ('21) has been playing golf since he was nine years old. He plans to play into college and possibly beyond. One reason Cho likes to play is that it is simply fun. Another is that Cho wants to improve his skills. "I want to help others with golf, being one of the experienced golfers," said Cho. Being an experienced player, Cho gave advice for people who are coming into the sport. "Don't kill the ball, stay down, and don't get mad at bad shots," he said. "We're going to hit bad shots all the time."



**Riding since I was little** Riding bikes is a hobby of Noah Graber's ('21) and has been for awhile now. Being able to join STEM's mountain bike team has been a big plus. When asked about why he continues to bike for STEM, Graber said, "After attending an interest meeting, I was in. Then after one race I decided to do the next one." Despite the nit-picky challenges that he faces every so often, he still loves the sport and will continue to mountain bike, even through college.

# RIDING THE ROCKS

Students share experiences and stories from one of STEM's newest sports.

by grace rhoads

They've ridden bikes since they were little, so it was no surprise that these three would be part of the Mountain Biking team. Noah Graber ('21), Jillian Lukez ('20), and Beckham Williams ('23) have been exposed to bike riding ever since they were little. For Graber, it was a hobby. For Lukez, it was simply riding her bike. For Williams, it was his dad's constant nagging.

These three students have faced many challenges while riding and racing for the team. "My parents don't ride a lot, so if I'm not with my team I usually train by myself," said Lukez. As for Graber, his biggest challenge is "being able to keep the right mindset and also being able to just keep going lap after lap." Williams' biggest challenge has overall been his fear.

However, these challenges do not stop them from doing what they love. They have gained a lot of experience from riding and being on the team. With these experiences they have gained knowledge. All three have advice for those who want to join the Mountain Biking team. Graber's advice is: "Once you figure out if you like the sport or not just continue riding." Lukez's advice is "to just try it out, regardless of what kind of bike you have or your level of fitness." Williams' advice is: "Don't give up. It's going to be hard."



**Pedaling to the future** Though Jillian Lukez ('19) has ridden a bike all her life, she joined STEM's mountain bike team with limited experience. "I wanted to join the mountain bike team because it's inclusive for everyone. No one has to sit on the bench, and everyone cheers for you regardless of your background," Lukez said. Graduating this year, she hopes to continue to race in college and also look into road cycling.

**It runs in the family** Having a dad who promotes biking on a daily to Beckham Williams ('23), it wasn't a surprise to see him join STEM's bike team. "My dad used to [be a] professional dual-slamon and he was a bike mechanic so biking has been a big part of my life," Williams said. He never gave up, and all of that was worth it when he crossed the finish line at his first race.

## FRISBEE, BUT ULTIMATE

### Catch and toss.

Playing frisbee is a common way for Isabelle McCall ('22) to bond with her family. "I've played casual games with family and always thought it was really fun," said McCall. "Having frisbee at STEM was a perfect opportunity to learn about the sport." Though she is brand new to it and had to adjust to the pace and structure, eventually it paid off for her. She had to stay patient and continue working hard. Despite the difficulty of the sport, she kept going.



## TIME OUT

Ava Mitchell ('22) chats about Ultimate Frisbee.

### How long have you played?

This is my first year of playing ultimate frisbee, and the first year STEM has had a [club].

### What interested you in playing this sport?

I have a couple of close friends who signed up before me, and I believed that it would be a fun sport at STEM to join.

### What has been your biggest challenge?

The biggest challenge for me in this sport was juggling my ance and homework schedules with Ultimate.